

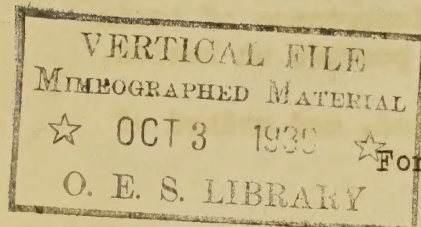
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OUTLINE FOR STUNT ON POSTURE
For Use at 4-H Club Camps or Short Courses

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Characters: Posture leader.

Selected club members, or demonstration teams previously trained.

Introduction: Brief explanation of the value of good posture for the 4-H Club member, and the place of posture training in the 4-H program.

Episode 1. Everybody's Doing It Now! (10 minutes.)

Group of livestock-club members, with county agent or club agent, preparing exhibits for fair.

- a. Poultry club member with bird, discussing his posture and explaining reasons why judge will score bird on posture.
- b. Sheep-club member training his lamb to stand for judge.
- c. Calf-club member training heifer to stand and walk for show.
- d. Club members realize that they also will be on exhibit as exhibits for 4-H Club work, and decide that they themselves need some posture training.

NOTE: If livestock is not available, one or more of these animals may be burlesqued by club members with suitable costumes.

Episode 2. Standing posture (7 minutes).

What is good standing posture? (Illustrated by two boys in track pants.)

- a. A stands well, B stands poorly. Points of good standing posture explained. (B should be selected from among those who have about a C posture, and should exaggerate his posture to a D standard.)

- b. Muscle groups concerned in posture are pointed out on wall chart and then on A and B. Importance of training these muscles. Effect of bad posture on health.
- c. B's poor standing posture is corrected, and method of correction is explained.

Episode 3.

Sitting posture (7 minutes).

Might be illustrated by clothing-club members and a tall boy.

- a. Good and bad posture in sitting.
- b. Correction of bad sitting posture.
- c. Chairs that fit the figure.

Episode 4.

Sleeping posture (7 minutes).

Effect of sleeping position on posture. (To be explained by members doing home-improvement work.)

- a. Contrast between poor springs and good springs:
 - (1) Small boy in track pants, with spine marked with black grease paint, lying on a sagging spring and a bumpy mattress.
 - (2) Another boy in similar costume lying on a bed with good spring and good mattress.
- b. Pillows:
 - (1) Show how high pillows push the head forward.
 - (2) Show how very small pillow or no pillow keeps the neck muscles in good position.
- c. Bedclothes:

Effect of heavy quilts resting on feet and pressing on chest.

Demonstrate the good springs and mattress, and light, warm bed covering; also fold in bedclothes at foot of bed, or placing roll or pillow under bedclothes at foot of bed, to prevent their pressing on the feet.

Episode 5. Some things that cause bad posture (10 minutes).

- a. Carrying weights habitually on one side may cause spine to curve. (Schoolbooks.) Illustrated by boy with bare back, spine marked with dots.
- b. Standing with weight on one foot may contribute to spinal curvature. Same subject.
- c. Carrying heavy pails of water or feed may narrow the chest and cause round shoulders. Same or different subject. Show how to straighten up, stretch muscles, and breathe deeply after this work.
- d. High heels. Place blocks the height of high heels beneath the heels of a girl standing barefooted in a bathing suit, and note adjustment necessary to preserve balance.
- e. The "debutante slouch" illustrated by one girl in street dress and one of similar build in bathing suit. Select tall, slender girls. With "skeletal form" chart, illustrate what happens to lungs, digestive organs, abdominal and back muscles in this position.
- f. "Slumping" over the wheel of the automobile.

Episode 6. Fitting club members to be their own best exhibits (10 minutes or less). Team of two to four boys or girls, in bathing suits, track suits, or gymnasium costumes.

- a. Strengthening the abdominal muscles, the key to good posture:
 - (1) Lying on back, straightening spine against the floor, bending knee to trunk, extending toes, and lowering leg gradually. /1
 - (2) Lying on floor, raising trunk to sitting position and lowering.
 - (3) Lying on floor, knees drawn up, hands on abdomen, alternately contracting and expanding abdominal muscles.
 - (4) Lying on floor, raising legs alternately in scissors motion.

/1 Posture exercises. U. S. Dept. Labor, Children's Bur. pub. 165.
For sale by Government Printing Office, 10 cents.

b. Bringing head back and correcting round shoulders.

- (1) Sleeping on back without a pillow.
- (2) Broomstick exercise. Sitting on floor, legs extended. Broomstick raised above head and brought down behind shoulders. Kept there a few seconds. Be careful to keep head erect during this exercise.
- (3) Broomstick exercise. Lying on face with stick in out-stretched hands. Raising head and trunk and bringing stick up behind shoulders.
- (4) Breast-stroke exercise. Lie on the floor, face downward, pull elbows well back, with fingers at chest, parallel to the floor. Shoot arms straight forward, with the backs of the hands together. Now sweep arms slowly to the side and backward as far as you can, turning the palms around. Hold this position a moment to stretch the chest muscles and flatten the shoulder blades. Repeat, 5 times at first, later 10 or 15 times.

c. Taking the sway out of the back.

- (1) Lying on back, stretching spine against floor, pulling knees to chest, and rocking backward and forward on neck and spine.
- (2) Sitting on floor, legs extended, bend over and touch toes with fingers.

d. General exercise for posture muscles.

Combination exercise as shown in Good Posture for the 4-H Club Member. /2

NOTE: Other exercises might be selected from Posture Exercises, Stunts, and Games (see p. 6); or from Posture Exercises /1 or Keeping Fit Through Exercise. /2

Episode 7. Health stunts (10 minutes).

Selected stunts from book called "Health by Stunts", /3 or similar reference. To be done by team of boys or girls in track costume with colored sashes and head bands.

/2 Keeping Fit Through Exercise. Metropolitan Life Insurance Co., New York City. (Copy free.)

/3 Health by Stunts. Pearl, N. H., and Brown, H. E. The MacMillan Co., New York City. 216 pp., illus. 1925.

The following stunts are described in Posture Exercises, Stunts, and Games. See page 6.

Wicket-walk race.	Twister.
Stiff.	Elephant walk.
Sit up.	Knee spring.
Human arch.	

Episode 8. Dances (10 minutes).

The dances suggested in the following list are taken from Rhythms and Dances for Elementary Schools. /4 Other dances might be used.

The Crested Hen (Danish), page 150. Danced by one boy and two girls.

Costumes: Boy.--Stocking cap with tassel, knee breeches, shirt and vest striped with colored cloth.
Girls.--Kerchief on head, kerchief around shoulders, tight basque, full skirt halfway between ankles and knees.

Jumping Jacks' Jubilee, page 107. Danced by three or more boys.

Costumes: Clowns' suits with tall hats or skullcaps.

Irish Lilt, page 161. Danced by one to five girls.

Costumes: Girls.--White dress, with green crepe-paper caps, kerchief, and aprons.

Sellenger's Round (English), page 100.

Costumes: Girls.--Milkmaid caps, and sashes or aprons of crepe-paper in pastel shades.
Boys.--White shirts and white trousers.
Colored neckties to harmonize with girls' costumes.

Episode 9. Grand Finale - The club member his own best exhibit. Leader and cast come before the curtain or assemble on stage, carrying themselves as well as they can.

Leader speaks a very few appropriate words to climax the stunt, then, if time and space permit, invites audience to join in posture games under direction of game leader.

NOTE: Single copies of the following mimeographed publications are obtainable free from the Extension Service, U. S. Department of Agriculture and will prove useful in modifying or amplifying this posture stunt:

/4 Rhythms and Dances for Elementary Schools, grades 1 to 8. LaSalle, Dorothy. A. S. Barnes & Co., illus. 1926.

Posture - Selected list of illustrative and reference material by Miriam Birdseye. (No. 157-37.)

Suggested plan for work in posture in connection with 4-H Clubs for boys and girls. Miriam Birdseye. (No. 217-37.)

Posture exercises, stunts, and games. Compiled by Miriam Birdseye and Ella Gardner. (No. 220-37.)

Good posture for the 4-H Club member. Outline of team demonstration. (No. 2640 X*, Oct. 30, 1926.)